

NOV 24 1971



Vol. I No. I NEWS MEDIA OF THE LATIN UNION ORGANIZATION Nov/1971



Drawing: José Renu.

A STRONG  
PEOPLE  
NEED  
NO LEADER  
-ZARATA

N. J. REFERENCE DIVISION

# editorial

The LATIN UNION OF ESSEX COUNTY COLLEGE has emerged from the necessity of a legitimate representation of Latin students in this educational institution.

Today we plan to walk through new paths which we believe to be the right way for the accomplishment of our ultimate goals. We as Latins have many different need which are very particular from the frame of general need of the whole student body. Our purpose is to strive for the satisfaction of these needs and to keep guard over the ones that may arise from the ever changing conditions. Our struggle will not be limited to the boundaries of burocratic procedures it will go on in a geometric progress until our claims be totally met.

Any mean will justify our ends. Our end is the breaking of all oppressive ties to which our Latin community is subjected. This oppression is manifestate in many different forms whether it be in the school, at work or in the community itself. At Essex County College we will deal with any oppression or the slightest manifestation of it.

# NEWSFRONT

## PUERTO RICAN TO JAIL

Francisco Cruz (Pancho) is a Puerto Rican student from City College, New York, who has been railroaded in a case of conspiracy, specifically of having explosives in his car. Around a year ago, when he was going home, at the Lower East Side, in New York, the "Feds" stopped him and his car. As a consequence, he was accused of having explosives in his possession with the intent to cause damage.

The only real crime that he has done in his life has been to identify with the national liberation movement of Puerto Rico and the Third World. Also, the fight for the establishment of Puerto Rican Studies Department at City College, two years ago.

The repressive forces have once again shown their claws against all those who love and fight for the independence of their nation.

He has been found guilty of crimes he did not commit, and on November 24 1971, at 9:00 A.M., at 100 Center St., New York City, he will be sentenced.

We are requesting of all the progressive forces in the United States to demonstrate in solidarity with Pancho. Today it is Pancho tomorrow it will be you.  
FOR FURTHER INFORMATION: Gladys Ortiz 463-8248 or Puerto Rican House, Livingston College

## M.P.I.'s MOVE

The Movement Pro Independence of Puerto Rico is having its 8th annual congress. On this occasion, the MPI is on its way to become a socialist party and is working toward the total unification of all Puerto Rican nationalists or people who is for the independence of the "Commonwealth Of Puerto Rico".

## SCHOLARSHIPS

The National Newark and Essex Park is offering a program of scholarships for the poor students of Newark. For more information contact their office.

## ELEMENTAL EDUCATION IN N.Y.C.

Finally, after many years of ridiculous methods of teaching young children how to read and write, the city of New York is becoming aware of its archaic educational system.

Some weeks ago, a investigation committee of the Board of Education reported that the level of reading in all grades and schools is very low. This very same committee has been doing some experiments with new methods of teaching. (H.R. We hope they hit on the nail this time.)

## DAILY NEWS' CAMPAIGN

Due to a systematic and well organized propaganda against foreign illegal residents in New York City, the department of Immigration has been chasing and deporting thousands of Latinamerican workers. The excuse is that many Latinamerican tourists come to the States and immediately they start working to support their families and relatives abroad. This is another "service" of the Daily Racket, pardon, Daily News.

## BLACK & PUERTO RICAN STUDIES

From November 30 to December 9 is the registration period for the winter semester at ECC.

We would like to take this opportunity to encourage you to include at least one of the few Black & Puerto Rican Studies courses.

These courses are: Hist. 211, 212, 219; Soc. 203, 204; Ant. 200; Eng. 231, 232, 103; Spn. 222; Psy. 215; Eco. 206 and, Pol. 206.

We must register in these courses so that the administration realizes that they are a necessity. If a large number of students take this courses this will help us in creating new and better courses of Black & Puerto Rican Studies.

# Breast Cancer

Women, we grow up to be ashamed and afraid of our own bodies. We are *not* taught how they work or how to control them. The changes of pregnancy and menstruation we scarcely understand. We are taught, however, that we mustn't touch our bodies—except, of course, to make them “up.” We are taught that nakedness is shameful, and most of us learn that our breasts and vagina are shameful, secret places, not to be openly discussed. One effect of this teaching is that we often dread or avoid the visits we need to our family doctor or gynecologist.

Many women are too embarrassed to talk about their breasts to doctors (“men mostly, after all”) even when they fear something is wrong. When they see a change in their breast, or feel a lump, they ignore it, fearfully.

About 29,000 women die of embarrassment every year in the U. S. They die of breast cancer, which should have been diagnosed and treated early enough to be cured.

**EVERY WOMAN SHOULD LEARN TO EXAMINE HER OWN BREASTS**

## BREAST SELF-EXAMINATION

**1**

Sit or stand in front of your mirror, arms relaxed at your sides, and look for any changes in size, shape and contour. Also look for puckering or dimpling of the skin and changes on the surface of the nipples. Gently press each nipple to see if any discharge occurs.

**2**

Examine both sides over your head, and look for exactly the same things. Note differences since you last examined your breasts.

**3**

From here on you will be trying to find a lump or thickening. Lie down on your back, put a pillow or a bath towel under your left shoulder, and your left hand under your head. With the fingers of your right hand held together flat, press gently against the breast with small circular motions to feel the inner, upper portion of your left breast, starting at your shoulder and going outward toward the nipple line. Also feel the area around the nipple.

ONCE A MONTH—a couple of days after the menstrual period is the best time because your breasts aren't swollen or tender then.

Another major problem women have with cancer is cancer of the uterus. Like breast cancer, it is very easily detectable in the early stages and can be treated and cured. Again, women themselves have got to act.

Once a year, you should get a FREE, PAINLESS, pelvic examination in a doctor's office. (Check local clinics and hospitals, as they may have special hours set up for this service.) The examination includes a cell examination for cancer—called a “Pap test”, also painless.

You must also watch for unusual bleeding and see a doctor at once about it. (Irregular bleeding from your vagina is never normal and always should be checked.) The whole examination takes about 10 minutes. That's certainly worth it.

The Pictures on this page describe how to examine yourself for any lumps on your breast which may be a sign of breast cancer. Remember—most lumps are *NOT* cancer, but any lump should be checked by a doctor, to be perfectly sure.

**4**

With the same gentle pressure, feel the low inner part of your breast. Incidentally, in this area you will feel a ridge of firm tissue. Don't be alarmed. This is normal.

**5**

Now bring your left arm down to your side and, with using the flat part of the fingers of your right hand, feel under your left armpit.

**6**

Use the same gentle pressure to feel the upper, outer portion of your left breast from the nipple line to where your arm is resting.

**7**

And finally, feel the lower outer portion of your breast, going from the outer part to the nipple.

**8**

Repeat the entire procedure, as described, on the right breast using the left hand for the examination.

